

Crew Rest

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Work prep
08:20–09:10	PLT, FE-1 (assist)	Cardio-? ? ? ? : setup / <i>? ? item 4.1, page 4-3</i>
09:10–11:00	PLT	Cardio-? ? ? ? : conduct experiment / <i>? ? item 4.2.1.1, pg. 4-12</i>
09:10–09:20	FE-1 (assist)	T ₀ =09.03, 10.38 GMT
09:20–10:20	FE-1	Physical exercise (IRED)
10:20–11:00	FE-1 (assist)	Cardio-? ? ? ? / <i>? ? item 4.2.1.2, page 4-12</i>
10:45–12:15	CDR	Physical exercise (IRED)
11:00–11:30	PLT, FE-1 (assist)	Cardio-? ? ? ? : finishing ops, / <i>? ? item 4.3, page 4-27</i>
12:00–12:15	PLT	? ? ? ? ? . Earth observations / <i>r/g 658 + note 1</i>
12:15–13:15		LUNCH
13:15–14:15	FE-1, PLT	BIOSPHERE: review procedure <i>667BD.pdf</i> in <i>r/g 667</i>
14:55–15:05	CDR	Onboard crew questionnaire
15:05–15:15	FE-1	
15:15–15:25	PLT	
15:35–16:35	CDR	Physical exercise (TVIS)
15:35–15:40	FE-1	TVIS weekly maintenance / <i>IMG: ISS MEDICAL OPERATIONS: NOMINAL: CMS: TREADMILL WITH VIBRATION ISOLATION AND STABILIZATION (TVIS) - WEEKLY ? AINTENA</i>
16:35–16:40	CDR	
16:40–18:10	FE-1	Physical exercise (TVIS)
16:55–17:55	PLT	Physical exercise (IRED)
18:10–18:20		Daily planning conference (evening)
18:20–18:50		TVIS monthly maintenance / <i>IMG: ISS MEDICAL OPERATIONS: NOMINAL: CMS: TREADMILL WITH VIBRATION ISOLATION AND STABILIZATION: TVIS - MONTHLY MAINTENA</i>
19:00–19:30		Review plan for the next day
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note 1:

? ? ? ? ? . Observation areas:

1.	Mozyr'	12:17:40	45,8 km left of the ground track
2.	Chernobyl'	12:17:50	28,7 km right of the ground track
3.	Kiev	12:17:52	121,4 km right of the ground track
4.	Khar'kov	12:18:52	156,7 km right of the ground track

Note 2: 11:37 CDR (25 min) Earth observations: Lake Poopo (candidate activity)

End of radiogram